

## RESILIENCE AND STRES AMONG FIRST YEAR NURSING STUDENTS

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### Abstract

The blended learning method has implemented in nursing education. First-year students who have just entered the world of lectures must be able to adapt to the blended-learning. Based on the initial survey conducted by the researchers showed that 56% of students enrolled in the first year often complained of dizziness when accessing different learning video materials when participating in blended learning. This study aimed to determine the correlation between resilience and stress in first-year students in blended learning. The quantitative correlational research method deployed, and the sample consisted of 393 students from the class of 2022 at one private university in west Indonesia, using a total sampling technique. The Connor Davidson Resilience Scale (CD-RISC) questionnaire and the Student-Life Stress Inventory (SSI) in Indonesian had used as research instruments. The chi-square test was applied to analyze the data. The results found a significant correlation between resilience and stress among first-year students in blended learning ( $p=0.041$ ). The students should be able to improve resilience in the context of self-confidence when facing learning stress by placing someone near to them who can be to ask for advice and support, as well as setting up time for study based on priorities.

Keywords: resilience, nursing students, stress